

Pork Roast

Pork roast was once the most affordable meat for people on a budget. They used to be large, and one would feed two people for a week. Recently, I've seen a few that would be lucky to get three single servings off of one. Thaw and cook times may have to be adjusted based on the quality and thickness of the meat. A pork roast can taste very similar to a beef roast. Pork roast can be one of several different cuts, and each taste about the same. They shrink more than a beef roast. Vegetables soak the juice up.

Pre Cook Preparation:

Marinate: No

- A. Timer set to thaw meat for about 3 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 2 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Onions

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Fork
Pot holders
Steak knife

Pan:

2.5 quart oven safe with an oblong lid, or
Table top roaster

Ingredients:**Meat:**

Pork roast, with or without a bone

Vegetables:

15 ounces of carrots
15 ounces of green beans
1/4 cup of onions
15 ounces of potatoes

Other ingredients:

Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add roast to pan.
2. Add enough water to cover the bottom.
3. Add cut up vegetables, if cooking together:

15 ounces of carrots
15 ounces of green beans
1/4 cup of onions
15 ounces of potatoes

4. Add a dash of salt.
5. Place pan in oven.

If using the table top roaster: the roast and vegetables go directly in the roaster pan. An additional pan is not necessary.

Cook Temperature: 350 degrees

Cook Time:

2 hours in an oven, or

Check table top roaster for times

Servings: Should make 6 servings if a good sized roast

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.